Who Grew My Lunch?
Food Literacy Suggested Activities

Butter it up!

Ingredients: Heavy cream, small jar with a lid, salt, butter knife to spread and crackers

Where does butter come from? Cream of course! To make your own butter, fill a small jar about ¾ full of cream. Put in a tiny pinch of salt. Close the lid tightly and begin to shake. Have the group take turns shaking until cream begins to solidify (this may take some time). When finished, drain off the excess liquid and spread the butter on crackers.